

Heart of Carolina



Walk to
Emmaus
THE UPPER ROOM[®]

Volume 03, No. 4

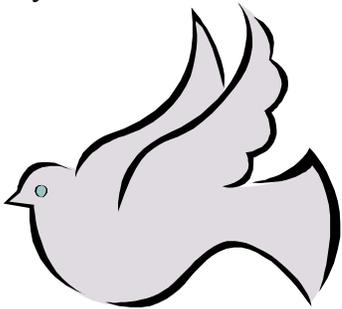
September, 2003

From Your Spiritual Director

Paul wrote to the Philippians, "Rejoice in the Lord always...Let your gentleness be known to everyone...by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus" (Phil. 4:4-7).

My prayer for each of you is that your Fourth Day will be filled with rejoicing and that the peace of God will ever be in your heart.

In Christ's Service,
Joyce Odom



Lay Director's Corner

It is that time of the year when a third of the board of directors will move off the Board and these people will be replaced with new people. On behalf of the HOC Emmaus community we would like to thank those

who are retiring from the board for all their service and love for our community. Those moving off the board are Pat and Marsha LiVecchi, Russ and Melody Secrest, Leah Lockamy, and Neal and Page Wingfield. We will change positions from Community Lay Directors to serve as Advisors on the Board. These past three years that we have served on HOC Emmaus board of directors has been a wonderful experience for us and we thank each of you for adding to that experience.

Our final two walks for 2003 will be held in October. It is our prayer that each of you will become involved in helping with the walks by working behind the scenes. I challenge you to stay after a Candlelight service and cleanup, come early before a closing and help clean Short Journey, work in the kitchen serving tables and washing dishes, pray in the prayer chapel for a speaker, or sort and distribute agape. These are only a few of the ways each one of us can serve our community. Serving others is a wonderful means to share God's love and in doing so we are blessed beyond our understanding.

Peace and Grace,

Kay & Frank McCorquodale

Attention all Emmaus Clergy

We are anxious to have all of you participate in HOC Community activities. There is a need for your service as SD and ASD for Walks. We also need clergy to take part in Community activities for every Walk and for monthly Gatherings.

Unfortunately, some of you who are willing to serve might be overlooked because we don't have updated contact information. If you are willing to be called upon to serve in these activities from time to time, please contact me by mail, phone, or e-mail as indicated.

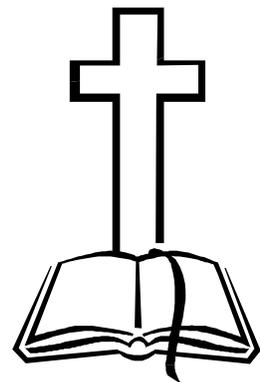
Address: 152 Lakeview Dr.
Henderson, NC 27536

Phone: 252-433-8211

E-mail: joyceo@ncol.net

Thanks!

Joyce Odom, Community SD



Behind the Scenes

Each walk the HoC community holds requires many behind-the-scenes volunteers. In addition, there are also visitors dropping off letters and agape, praying in the speaker's prayer chapel, etc. Please remember when you come to Short Journey during a walk to remain behind the scenes. Unless helping serve a meal, we are to try and avoid any contact with the pilgrims. The community members should be as invisible as possible.

If you find you need to access an area that may put you in contact with the pilgrims, consult one of the work-area coordinators (e.g. snack room, agape, kitchen, prayer chapel) for the walk. They will have a detailed schedule that will help you remain "invisible".

From the Heart of Carolina Prayer Chapel

Deuteronomy 4:7 says; "What other nation is so great as to have their gods near them the way the Lord our God is near us whenever we pray to him?"

This verse allows us to realize how fortunate we are to be blessed by God when we pray. The Heart of Carolina Community, our "nation", is brought into the presence of God as prayer continually blesses and sustains us in our lives. Prayer sustains the Emmaus pilgrims,

teams, and clergy on each walk. Experience a meaningful time of prayer during an Emmaus weekend.

If you have never worked in the Prayer Chapel you are missing a wonderful experience.

You are encouraged to sign up and work the Prayer Chapel on an individual basis or as a reunion group. Sign up and experience the closeness of the Heart of Carolina community as God brings us near as we pray.

If you are interested in working in the Prayer Chapel please call Mark or Cynthia Johnson at 919-557-6821 or contact them by email at mcpjohn@aol.com

Agape Reminder

Agape that you bring for a walk should NOT have anyone's personal name on it, but instead should be from a reunion group, church, "Sister or Brother in Christ", etc. Agape that is distributed is done so as an act of love, not an act to glorify oneself. Thanks for remembering!!

DECOLORES!!
Frank & Ann White

Snack Room

We are in need of Snack Room Coordinators for the upcoming walks. You can sign up to help part of a day, or you can sign up for the whole weekend. There

are detailed instructions available.

If you are interested in helping, please contact Lee and Jan Edmonds at 919-362-0294.

Remember the good food and good fellowship you enjoyed in the break room on your walk? Well, it takes many of us to keep this going. So please do your part! Will the following churches please furnish as follows:

VEGETABLES, FRUIT & DIPS

Edenton Street, Hayes Barton,
St. Francis

SALTYS, SALSA, & TRAIL MIX

Garner, St. Luke

CANDY & NUTS

Fuquay Varina, Nashville

FRUIT & SOFT DRINKS

White Plains, St. Andrews

BAKED GOODS

Hollands, Westover, Millbrook,
Horne Memorial &

ALL OTHER CHURCHES

SPONSORS

Please bring a snack and a drink

We are especially in need of more fruit, vegetables, and homebaked goods.

Knowing how busy "you all" are, be advised that cash is welcome if you don't have time to shop or bake. We can use your donations to purchase snacks as needed.

Lee and Jan Edmonds

Reunion Groups

Remember the excitement you felt on your walk weekend? Having trouble keeping all those resolutions you made to reprioritize your life? A reunion group may be just what you need!

There is an old management saying, "You get what you measure." Reunion groups provide you with that type of accountability. Every week you get to tell your group how you did – where you answered His call, where you stumbled and when you felt closest to Him!

Reunion groups also provide the support and encouragement you need to succeed on your spiritual journey.

There is a list of known active reunion groups on the HOC website. If you need help finding or starting a group, we would like to assist you. Also, if your reunion group is not on our list, please contact us and we will add it!

De Colores
David and Patti McAnally

Sponsor Letters Made Simple!



Agape letters are a very important part of every Emmaus Walk. The following guidelines should help sponsors

as they receive letters for their pilgrim.

Each pilgrim should receive 12 letters on Sunday afternoon. These are the letters that the **SPONSOR** has asked family and friends to write. Once the sponsor has the 12 letters, he/she should write *Sponsor #1-Sponsor #12* in the postage stamp area of the envelope. This is to ensure that if the pilgrim gets more than 12 letters, that the main 12 sponsor letters are included in their packet. All extra letters are given to the sponsor to give to the pilgrim after closing.

Also, please remember that there are a lot of Mom's, Dad's, Grandpa's, etc. on each walk, so make sure that the pilgrim's **first and last name** are on every envelope.

At send off, sponsors should place the 12 letters in the box marked **SPONSOR LETTERS** in the Agape Room. If you have collected more than 12 sponsor letters, please choose the main 12 for the pilgrim to receive on Sunday.

Non-sponsor letters are those written by team members, church friends, etc., that were not requested by the sponsor. These are placed in the box marked **NON-SPONSOR LETTERS**.

Hopefully, this will answer any questions that you may have. If

you do have other questions, feel free to contact us.

DECOLORES!!
Frank & Ann White

Join the Clean-up Crew!

We Need You!



PLEASE help us with cleanup on the remaining walks for this year. It's easy work & when we have plenty of help, it doesn't take long. Volunteers need to arrive at Short Journey at 2:30 pm Sunday before closing starts. If you are willing & able to help, please call us at 919 876-1371 or email us at Lharris1@bellsouth.net.

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DECOLORES!!
Frank & Ann White

Heart of Carolina Emmaus

Men's walk #64 October 9-12, 2003

Women's walk #65 October 16-19, 2003

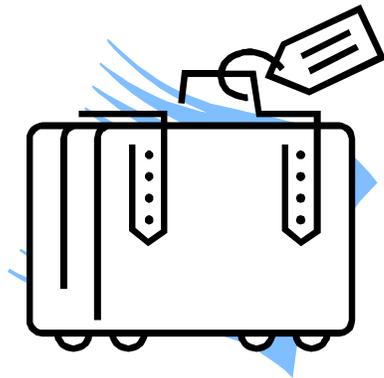
Team	Pilgrims	Team	Pilgrims
<p>Lay Director Frank White</p> <p>Asst. Lay Directors David Knox (lead) David Geiger Bob Pike Art Schaller</p> <p>Table Leaders Lee Hyatt James Mills Mike Pierotti Rob Rosado David Tyree</p> <p>Asst. Table Leaders Marty Benson Tom Campbell Chuck Caulder Rob Frazier Mike Ihrle Andy Wright</p> <p>Music Leaders Robert Daniels Phil Triplett</p> <p>Spiritual Director Mike Frese</p> <p>Asst. Spiritual Dir. Chris Barnes Lib Campbell Ron Gurganus Karl Neuschaefer</p>	<p>Russ Allen Chip Baggett David Beck Terry Biegger Ken Boone Larry Bourdeau Kirby Boyd Doug Burd Lance Carroll Clint Creed Ricky Edwards David Elliott Bill Fuller Jim Genova Gilbert George David Harris John Jordan Ken Lakin Ed Leon Joe McLaurin Trey Michael Mike Moser C.J. Nelson Steve Newcombe Ron Ouellette Ernie Pearson Frank Reed Rick Russell Jerry Sebastian Al Siffer Mike Stewart Alan Swartz</p>	<p>Lay Director Allison Vogt</p> <p>Asst. Lay Directors Shelley Foley (lead) Karan Moore Cathy Poole Sue Woods</p> <p>Table Leaders Joy Clayton Cyndi Farver Carolyn Gurganus Carolyn Hanson Ann Huffman Marian Pastore</p> <p>Asst. Table Leaders Cathy Davenport Trudi Gilchrist Lorrinda Janik Laura Leary Tammy Penner Ann Powers</p> <p>Music Leaders Helga Bogardus Michelle Disney</p> <p>Spiritual Director Roberta Byram</p> <p>Asst. Spiritual Dir. Anne Ahl Rick Clayton Tom Newman Neal Wingfield</p>	<p>Janie Ali Laura Ball Charline Beck Becky Biegger Kay Boone Sylvia Burgess Peggy Carroll Amy Creed Harriett Crow Faye Dunn Carla Edwards Kim Elliott Janice Genova Pat Gillen Grace Grindle Madalene Hardison Whitne Harris Kaye Kelly Shari Lakin Kim Leon Mary Mabe Belinda McKeel Nancy Moser Susan Newcombe Sue Nicholas Pat Ouellette Bobbie Parks Hope Reed Colleen Russell Gaye Stewart Melanie Strals Patti Suggs Iris Supcoe Jo Anne Swartz Pam Umstead Scottie Watkins</p>

Next Walk: Men's #70 January 29-February 1
Gatherings: September 26 October 24

Women's #71 February 12-15
November 28 December 26

Luggage

Reunion groups are needed to assist on Thursday evening and Sunday afternoon luggage detail. This is a great way for your reunion group to offer behind the scenes help. Please contact Kevin or Denise Calloway at 252-459-7958 or gopack3@attglobal.net to sign up for a future walk.



Heart of Carolina Gatherings

Do you want an opportunity for Christian fellowship, worship and Communion?

If so, then the Heart of Carolina Gathering is the place for you! Gatherings are held every 4th Friday (unless there is a Walk occurring.) They take place 7:30 PM - 9:00 PM at White Plains United Methodist Church in Cary, NC.

You can also serve the Community by being a part of the leadership for a Gathering. We have opportunities for help in Set-Up, Moderator, Music, 4th Day Speaker, and Refreshments.

Just call Becky Stafford
919-469-4608, e-mail
becky.stafford@rexhealth.com,
or sign up at a Gathering!



Walk Numbers

Many of you may have wondered why, if Heart of Carolina Emmaus has held 67 walks, we are only on Walk #64? In the early days of the community it was decided that men's walks would have odd numbers and women's even. When the extra women's walk was added, we began using "A" and "B" for two of the women's walks to keep the even/odd pattern. This was later stopped and the walks were numbered consecutively.

The board has decided that going forward, beginning January 2004, the walk numbers will reflect the actual walk number. Confused yet?

Simply stated, since the men's walk in January 2004 will be the 70th walk that Heart of Carolina has held it will be designated Walk #70.

Newsletter by Mail

Would you like to receive all Heart of Carolina Emmaus newsletters by mail? The board of directors has decided to start a subscription program for those wishing to receive hard copies of the newsletter. A suggested donation of \$5.00 per year is asked to help offset the printing and postage costs. A subscription form will be available on the website, at gatherings, or you can call us at (919) 562-1982 or email us at mcanally1964@aol.com.

Payment can be mailed to
P.O. Box 1766
Cary, NC 27512

Those currently receiving the newsletter by mail will continue to receive it, but the suggested donation would be appreciated. If you have any questions, please feel free to contact us.

David and Patti McAnally

Transportation

If your church has a van you are authorized to drive, please contact Kevin or Denise Calloway at 252-459-7958 or gopack3@attglobal.net to place your name on the contact list for providing candlelight Saturday evening transportation. This is a wonderful way to provide behind the scenes service



HEART OF CAROLINA EMMAUS
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Cary, North Carolina 27512

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Got a new address? Want every newsletter mailed?
Let us know! Send a postcard or e-mail (mcanally1964@aol.com) to David & Patti McAnally.

These are your Board Members and their work areas of responsibility. Contact them today and become a serving servant!

Lay Directors

Frank & Kay McCorquodale
919-776-9425

Spiritual Director

Joyce Odom
252-433-8211

Agape / Altars

Frank & Ann White
919-553-3686

Book Table/Photo/Supplies Secretary

Brian & Susan McGuire
919-873-0503

Candlelight / Follow-up
Russ & Melody Secrest
919-467-0547

Chrysalis Council
David & Rene Knox
919-552-9669

Evangelism
William Green
919-460-7115

Gatherings
Becky Stafford
919-469-4608

Kitchen/Break Room
Lee & Jan Edmonds
919-362-0294

Luggage/Transportation Treasurer
Kevin & Denise Calloway
252-459-7958

Newsletter / Reunion Group/
Directory
David & Patti McAnally
919-562-1982

Prayer Chapel & Vigil
Mark & Cynthia Johnson
919-557-6821

Registration
David & Kim King
919-557-5400

Set Up / Clean Up
Len & Lynne Harris
919-876-1371

Training
Leah Lockamy

Worship / Music
Neal & Page Wingfield
910-594-1445

Advisory /Team Selection
Pat & Marcia LiVecchi
919-362-0773